



WEEK 50: Sunday, 8 December - Saturday, 14 December 2019 ALL MARKETS

| Date | Start Time | Title | Episode Title | Digital Egg Synopsis | Country of Origin | Language | Repeat | Classification | Closed Captions | Subtitles |
|------------|------------|---|---|--|-------------------|-------------|--------|----------------|-----------------|-----------|
| 2019-12-08 | 0500 | Shane Delia's Moorish Spice Journey | Shane Delia's Moorish Spice Journey Series 1 Ep 2 | In Morocco, Shane Delia spends an evening under the stars in the Sahara desert, immersing himself in the tastes and techniques of Amazigh cookery. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2019-12-08 | 0530 | The Travelling Chef | Singapore | Brett visits the Little India sector of Singapore. He learns a little of the history and, from the street vendors, learns how to make a dosa. Brett then creates his own version of masala dosa. | NEW ZEALAND | English-100 | | G | | |
| 2019-12-08 | 0600 | The Travelling Chef | Hua Hin, Thailand | Brett heads to Hua Hin in Thailand, driving distance from Bangkok. Along the way he stops at the famous wet markets and learns some secrets from a vendor on how to cook a simple stir fry. | NEW ZEALAND | English-100 | | G | | Y |
| 2019-12-08 | 0630 | Saturday Kitchen | Saturday Kitchen Series 3 Ep 11 | The incredible spice men Tony Singh and Cyrus Todiwala take charge of the Saturday Kitchen hobs this week with the help of two of the UK's leading chefs. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-08 | 0730 | The Urban Vegetarian | Go Green | Desiree Nielsen shows us how to add more plants to your plate with a chocolate avocado smoothie, nori rolls, and sweet potato noodles. | CANADA | English-100 | | G | | |
| 2019-12-08 | 0800 | The Urban Vegetarian | Quick Eats | Host Desiree Nielsen spirals zucchini into 'zoodles' to create a balanced, veggie-packed pad thai dish. | CANADA | English-100 | | G | | |
| 2019-12-08 | 0830 | The Cook And The Chef | Fabulous Figs | Our fig infatuated cook and chef are kept fully supplied with fruit after Simon finds out how to get his hands on figs all year round. | AUSTRALIA | English-100 | | G | | |
| 2019-12-08 | 0900 | The Cook And The Chef | Ducks | Ducks are on the menu this week and Simon re-visits his culinary past to take on a challenge from ancient China, Peking duck. Meanwhile, Maggie adds her Barossa touch to a traditional French dish. | AUSTRALIA | English-100 | | G | | |
| 2019-12-08 | 0930 | Delia's How To Cook | Potato, The | A filling staple in meals around the world, Delia shows there is much more to the humble spud than chips. | UNITED KINGDOM | English-100 | | G | | |
| 2019-12-08 | 1000 | Sicily With Aldo And Enzo | Sicily With Aldo And Enzo Series 1 Ep 1 | Enzo and Aldo visit the beautiful city of Syracuse, where they combine a delicious mix of history, ice cream, fish, and light hearted banter. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-08 | 1030 | Jonathan Phang's Gourmet Express | Edmonton To Winnipeg | Stopping in Edmonton, Jonathan visits a living museum and finds out what life, and food, were like for the first Ukrainian settlers. | UNITED KINGDOM | English-100 | | PG | | Y |
| 2019-12-08 | 1130 | Amazing Wedding Cakes | Amazing Wedding Cakes Series 4 Ep 4 | In Minneapolis, Hailey and Chelsea want to host a party for their soon-to-wed older sister, Heather. They concocted a unique theme - it's an ode to really bad bridesmaid dresses. | USA | English-100 | | PG | | |
| 2019-12-08 | 1230 | Essence Of India | Global Influences On Indian Food | Between elephant rides and a thrilling ride polo pony escapade, we squeeze in a few incredible cuisines, not just dishes. | USA | English-100 | | G | | |
| 2019-12-08 | 1300 | The Travelling Chef | Malaysia | Brett is invited to the beautiful Malaysian island of Langkawi by a local chef who is looking for some new recipes for his seafood restaurant. | NEW ZEALAND | English-100 | | G | | |
| 2019-12-08 | 1330 | The Travelling Chef | Chinatown, Singapore | Brett visits China Town in Singapore to see how the vendors make dumplings and noodles. He then goes to the At-Sunrice Global Chef Academy and learns in a class from a master in dumpling making. | NEW ZEALAND | English-100 | | G | | |
| 2019-12-08 | 1400 | Saturday Kitchen | Saturday Kitchen Series 3 Ep 12 | Michelin starred chef and Gordon Ramsay protégé, Jason Atherton, guest hosts Saturday Kitchen this week with the help of two top chefs. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-08 | 1500 | Donna Hay: Basics To Brilliance Kids | Sleepover | What sleepover is complete without pizza for dinner? Donna and the girls get busy making their own - on a clever flatbread base. | AUSTRALIA | English-100 | | PG | | |
| 2019-12-08 | 1530 | Donna Hay: Basics To Brilliance Kids | Treasure Hunt | An important part of getting ready for the day's treasure hunt is making sure everyone has enough energy. Donna and her two helpers make bowls of pesto pasta with a twist. | AUSTRALIA | English-100 | | PG | | |
| 2019-12-08 | 1600 | Poh's Kitchen | Breakfasts Of The World With Emmanuel Mollois | To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch. | AUSTRALIA | English-100 | RPT | G | Y | |

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|------------|------|--------------------------------------|---|---|----------------|-------------|-----|----|---|---|
| 2019-12-08 | 1630 | Poh's Kitchen | Food Traditions With Emmanuel Mollois | When Poh finds that Emmanuel, whose passion is food history, has never had the full Peking Duck banquet experience she treats him to the 600 year old tradition that's still practised today. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2019-12-08 | 1700 | Loving Gluten Free | Loving Gluten Free Series 1 Ep 8 | Helen shares the perfect recipe for your next Taco Tuesday. The Mexican theme continues as Helen checks out 'Hotel Jesus' with head chef Matt Lane. | | | | PG | | |
| 2019-12-08 | 1730 | A Gondola On The Murray | Gondola On The Murray Series 1 Ep 5 | Stefano rides his trusty bike to a billabong on the Murray, where he catches and prepares some yabbies. Along the way, he is mesmerised by the beauty of the bush and the wild birds and kangaroos. | AUSTRALIA | English-100 | | PG | | |
| 2019-12-08 | 1800 | A Gondola On The Murray | Gondola On The Murray Series 1 Ep 6 | In Mildura, the biggest event of the year is the Festival of San Rocco, and Sefano joins the procession in the Saint's honour and shows us the traditional food and cultural events of the day. | AUSTRALIA | English-100 | | PG | | |
| 2019-12-08 | 1830 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 1 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-08 | 1900 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 2 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-08 | 1935 | Ainsley Eats The Streets | Reykjavik | Ainsley goes to Reykjavik, where he finds a thriving street food culture at the docks, sampling rich lobster soup, salt cod, croquettes and crayfish bakes. | UNITED KINGDOM | English-100 | RPT | G | Y | Y |
| 2019-12-08 | 2030 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 1 | Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years. | | | RPT | PG | | |
| 2019-12-08 | 2100 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 2 | Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere. | | | RPT | PG | | |
| 2019-12-08 | 2130 | Food Safari | Singaporean Safari | This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2019-12-08 | 2200 | Food Safari | Hungarian Safari | Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2019-12-08 | 2230 | Spirited Traveller | Mumbai | Kiran Jethwa explores everything on offer in the culinary world in Mumbai. | INDIA | English-100 | | | | |
| 2019-12-08 | 2300 | Spirited Traveller | Nagaland | Kiran is in Nagaland to meet the warrior tribes and taste their traditional drinks. | INDIA | English-100 | | | | |
| 2019-12-08 | 2330 | A Gondola On The Murray | Gondola On The Murray Series 1 Ep 5 | Stefano rides his trusty bike to a billabong on the Murray, where he catches and prepares some yabbies. Along the way, he is mesmerised by the beauty of the bush and the wild birds and kangaroos. | AUSTRALIA | English-100 | | PG | | |
| 2019-12-08 | 2400 | A Gondola On The Murray | Gondola On The Murray Series 1 Ep 6 | In Mildura, the biggest event of the year is the Festival of San Rocco, and Sefano joins the procession in the Saint's honour and shows us the traditional food and cultural events of the day. | AUSTRALIA | English-100 | | PG | | |
| 2019-12-08 | 2430 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 1 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-08 | 2500 | Rick Stein's Taste Of The Sea | Rick Stein's Taste Of The Sea Series 1 Ep 2 | You can almost smell the ocean as Rick strolls with his dog along the Cornish shore, joins fishermen on their quest for a catch, and chooses the freshest ingredients for his simple recipes. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-08 | 2535 | Ainsley Eats The Streets | Reykjavik | Ainsley goes to Reykjavik, where he finds a thriving street food culture at the docks, sampling rich lobster soup, salt cod, croquettes and crayfish bakes. | UNITED KINGDOM | English-100 | RPT | G | Y | Y |
| 2019-12-08 | 2630 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 1 | Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years. | | | RPT | PG | | |
| 2019-12-08 | 2700 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 2 | Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere. | | | RPT | PG | | |
| 2019-12-08 | 2730 | Food Safari | Singaporean Safari | This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food. | AUSTRALIA | English-100 | RPT | G | Y | |
| 2019-12-08 | 2800 | Food Safari | Hungarian Safari | Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food. | AUSTRALIA | English-100 | RPT | G | Y | |

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|------------|------|---|---|--|----------------|-------------|-----|--|---|----|---|
| 2019-12-08 | 2830 | Spirited Traveller | Mumbai | Kiran Jethwa explores everything on offer in the culinary world in Mumbai. | INDIA | English-100 | | | | | |
| 2019-12-09 | 0500 | Spirited Traveller | Nagaland | Kiran is in Nagaland to meet the warrior tribes and taste their traditional drinks. | INDIA | English-100 | | | | | |
| 2019-12-09 | 0530 | The Travelling Chef | Malaysia | Brett is invited to the beautiful Malaysian island of Langkawi by a local chef who is looking for some new recipes for his seafood restaurant. | NEW ZEALAND | English-100 | | | | G | |
| 2019-12-09 | 0600 | The Travelling Chef | Chinatown, Singapore | Brett visits China Town in Singapore to see how the vendors make dumplings and noodles. He then goes to the At-Sunrice Global Chef Academy and learns in a class from a master in dumpling making. | NEW ZEALAND | English-100 | | | | G | |
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| 2019-12-09 | 0800 | Donna Hay: Basics To Brilliance Kids | Treasure Hunt | An important part of getting ready for the day's treasure hunt is making sure everyone has enough energy. Donna and her two helpers make bowls of pesto pasta with a twist. | AUSTRALIA | English-100 | | | | PG | |
| 2019-12-09 | 0830 | Poh's Kitchen | Breakfasts Of The World With Emmanuel Mollois | To find out more about breakfast traditions around the world Poh shares amazing meals with her Indian friend Ragini Dey and Moroccan restaurateur Mohamed Bartaouch. | AUSTRALIA | English-100 | RPT | | G | Y | |
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| 2019-12-09 | 1000 | Essence Of India | Global Influences On Indian Food | Between elephant rides and a thrilling ride polo pony escapade, we squeeze in a few incredible cuisines, not just dishes. | USA | English-100 | | | | G | |
| 2019-12-09 | 1030 | Ainsley Eats The Streets | Reykjavik | Ainsley goes to Reykjavik, where he finds a thriving street food culture at the docks, sampling rich lobster soup, salt cod, croquettes and crayfish bakes. | UNITED KINGDOM | English-100 | RPT | | G | Y | Y |
| 2019-12-09 | 1130 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 1 | Luke Nguyen embarks on a trip around Vietnam aboard the country's most interconnected railway line. He begins his journey in Ho Chi Minh, and discovers how rapidly it's developed over the years. | | | RPT | | | PG | |
| 2019-12-09 | 1200 | Luke Nguyen's Railway Vietnam | Luke Nguyen's Railway Vietnam Series 1 Ep 2 | Luke visits the city of flowers, known as Dalat, where the French influence can be seen everywhere. | | | RPT | | | PG | |
| 2019-12-09 | 1230 | Food Safari | Singaporean Safari | This episode sizzles with colour, flavour and texture as it savours the wonderful complexity of Singaporean food. | AUSTRALIA | English-100 | RPT | | G | Y | |
| 2019-12-09 | 1300 | Food Safari | Hungarian Safari | Maeve O'Meara explores the flavour, texture and wonderful complexity of Hungarian food. | AUSTRALIA | English-100 | RPT | | G | Y | |
| 2019-12-09 | 1330 | Spirited Traveller | Mumbai | Kiran Jethwa explores everything on offer in the culinary world in Mumbai. | INDIA | English-100 | | | | | |
| 2019-12-09 | 1400 | Donna Hay: Fast, Fresh, Simple | Modern Classics | It's no surprise that Donna loves to make over recipes that have lost their way, pasta carbonara gets the Donna treatment, along with the classic steak and three veg. | AUSTRALIA | English-100 | | | | G | |
| 2019-12-09 | 1430 | United Plates Of America | Los Angeles - Japanese Food | California has one of the largest populations of Japanese people in America. Their life here and their transition into American culture hasn't been a smooth one. | USA | English-100 | | | | G | |
| 2019-12-09 | 1500 | Spencer's Big 30 | Spaghetti Night | Host Spencer Watts makes Zucchini Noodles with Jumbo Turkey Meatballs for a healthy take on spaghetti night in around 30 minutes. | CANADA | English-100 | | | | G | |
| 2019-12-09 | 1530 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 1 | Rachel travels from Dungarvan to Ballycotton. There, she recreates the food memory of her friend, chef Paul Flynn, by catching a lobster and cooking it on the shore. | UNITED KINGDOM | English-100 | | | | | |
| 2019-12-09 | 1600 | Pati's Mexican Table | Ensenada's Epic Seafood | The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country. | USA | English-100 | | | | | Y |

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|------------|------|--|---------------------------------|---|----------------|-------------|-----|----|---|
| 2019-12-09 | 1630 | Nigella Bites Christmas Special | Nigella Bites Christmas Special | Nigella Lawson prepares her favourite recipes for the festive period, and reveals a few of her own culinary secrets to ensure a delicious Christmas feast with minimum fuss. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-12-09 | 1730 | Martha's Cooking School | Shrimps | Martha offers a primer on a favorite crustacean. She explains which varieties of shrimp to buy and how to store them, plus whether to cook them with or without the shell and how to devein them. | USA | English-100 | | PG | |

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|------------|------|--|---|--|----------------|-------------|-----|----|---|---|
| 2019-12-09 | 1800 | The Cook And The Chef | Lebanese Food | Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed. | AUSTRALIA | English-100 | | G | | |
| 2019-12-09 | 1830 | The Cook And The Chef | Barossa, The | The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa. | AUSTRALIA | English-100 | | G | | |
| 2019-12-09 | 1900 | Nigella Express | Hey Presto | Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast. | UNITED KINGDOM | English-100 | RPT | G | Y | Y |
| 2019-12-09 | 1930 | My Greek Table With Diane Kochilas | Crete: Mother Of The Mediterranean | Diane visits the source of the well-known Mediterranean Diet - Crete. For a glimpse of village life, she follows a local family's daily routine of working the land and cooking up a storm. | USA | English-100 | | PG | | |
| 2019-12-09 | 2000 | My Greek Table With Diane Kochilas | Centaur's Kitchen: Preserving Nature's Bound, The | Diane goes off the beaten path to lush Mount Pelion in Central Greece in search of ways to preserve nature's incredible bounty. Preserves of every kind are the starting point for so many dishes there. | USA | English-100 | | PG | | |
| 2019-12-09 | 2030 | Two Greedy Italians | Regional Pride | Chef Antonio Carluccio returns to his home town of Borgofranco, in the Italian Piedmont region, to look at whether the rivalry between north and south is as strong as ever. | UNITED KINGDOM | English-100 | RPT | G | Y | Y |
| 2019-12-09 | 2135 | Anthony Bourdain: Parts Unknown | Rome | Tony's Roman holiday takes a cinematic turn. Shot in anamorphic widescreen - a first for the show - this episode is an homage to Italian films of the 1960s and 1970s. | USA | English-100 | | | | Y |
| 2019-12-09 | 2235 | The Cook And The Chef | Lebanese Food | Maggie and Simon tip their hats to the magical Mediterranean flavours of Lebanese cuisine. Pomegranate, lemon juice, pine nuts, olives and walnuts are just some of the fresh ingredients employed. | AUSTRALIA | English-100 | | G | | |
| 2019-12-09 | 2305 | The Cook And The Chef | Barossa, The | The Barossa Valley is one of many regions in Australia where migrants have created a unique regional food culture. This program celebrates the Barossa. | AUSTRALIA | English-100 | | G | | |
| 2019-12-09 | 2335 | Masterchef: The Professionals Series 7 Ep 1 | Masterchef: The Professionals Series 7 Ep 1 | Five ambitious chefs from across the country begin their bid for the coveted title with a total of three daunting tests to determine who is good enough to progress to the next round. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-09 | 2440 | Nigella Express | Hey Presto | Nigella's conjuring up dazzling Italian food in a flash from sensational pasta to an entire effortless feast. | UNITED KINGDOM | English-100 | RPT | G | Y | Y |
| 2019-12-09 | 2510 | Martha's Cooking School | Shrimps | Martha offers a primer on a favorite crustacean. She explains which varieties of shrimp to buy and how to store them, plus whether to cook them with or without the shell and how to devein them. | USA | English-100 | | PG | | |
| 2019-12-09 | 2540 | Dinner Date | Dinner Date Series 8 Ep 7 | Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-09 | 2635 | Nigella Bites Christmas Special | Nigella Bites Christmas Special | Nigella Lawson prepares her favourite recipes for the festive period, and reveals a few of her own culinary secrets to ensure a delicious Christmas feast with minimum fuss. | UNITED KINGDOM | English-100 | RPT | G | Y | |
| 2019-12-09 | 2730 | United Plates Of America | Los Angeles - Japanese Food | California has one of the largest populations of Japanese people in America. Their life here and their transition into American culture hasn't been a smooth one. | USA | English-100 | | G | | |
| 2019-12-09 | 2800 | Spencer's Big 30 | Spaghetti Night | Host Spencer Watts makes Zucchini Noodles with Jumbo Turkey Meatballs for a healthy take on spaghetti night in around 30 minutes. | CANADA | English-100 | | G | | |
| 2019-12-09 | 2830 | Rachel Allen: Coastal Cookery Series 1 Ep 1 | Rachel Allen: Coastal Cookery Series 1 Ep 1 | Rachel travels from Dungarvan to Ballycotton. There, she recreates the food memory of her friend, chef Paul Flynn, by catching a lobster and cooking it on the shore. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-10 | 0500 | Pati's Mexican Table | Ensenada's Epic Seafood | The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country. | USA | English-100 | | | | Y |
| 2019-12-10 | 0530 | My Greek Table With Diane Kochilas | Crete: Mother Of The Mediterranean | Diane visits the source of the well-known Mediterranean Diet - Crete. For a glimpse of village life, she follows a local family's daily routine of working the land and cooking up a storm. | USA | English-100 | | PG | | |
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| 2019-12-10 | 0835 | Masterchef: The Professionals | Masterchef: The Professionals Series 7 Ep 1 | Five ambitious chefs from across the country begin their bid for the coveted title with a total of three daunting tests to determine who is good enough to progress to the next round. | UNITED KINGDOM | English-100 | | | PG | |
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| 2019-12-10 | 1200 | Pati's Mexican Table | Ensenada's Epic Seafood | The port town of Ensenada is a seafood mecca. Fresh fish is everywhere you look, and this hub for seafood exportation is also the gateway to Mexican wine country. | USA | English-100 | | | | Y |
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| 2019-12-10 | 1330 | Martha's Cooking School | Shrimps | Martha offers a primer on a favorite crustacean. She explains which varieties of shrimp to buy and how to store them, plus whether to cook them with or without the shell and how to devein them. | USA | English-100 | | | PG | |
| 2019-12-10 | 1400 | Donna Hay: Fast, Fresh, Simple | Fresh Spin On Old Favourites | When the sun comes out the perfect place to cook is outside on the BBQ and what better place for Donna to show off her recipe for gourmet burgers, followed by cheats raspberry brulee. | AUSTRALIA | English-100 | | | G | |
| 2019-12-10 | 1430 | United Plates Of America | San Diego - Mexican Food | California was once called Mexico before the United States purchased it. In San Diego we eat the real Mexican food from those who do it best. | USA | English-100 | | | G | |
| 2019-12-10 | 1500 | Spencer's Big 30 | Fried Chicken Night | Nothing says comfort food better than fried chicken. Chef Spencer Watts shows us all the fixings for a fast, easy, and delicious fried chicken night. | CANADA | English-100 | | | G | |
| 2019-12-10 | 1530 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 2 | Rachel arrives at the pretty harbour town of Kinsale, where she dives for crab with restaurateur Olivier Queva. Back on dry land, she prepares a crab and blood orange salad. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-10 | 1600 | Pati's Mexican Table | Baja Breakfast | While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Doña Esthela, who makes the best breakfast as far as the eye can see. | USA | English-100 | | | | |
| 2019-12-10 | 1630 | Rick Stein's Food Heroes Xmas | Rick Stein's Food Heroes Xmas 2005 | Over the past few years, popular TV chef Rick Stein has embarked on a voyage of discovery, taking him the length and breadth of Britain as he searches out the very best of all British produce. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-10 | 1730 | Martha's Cooking School | Chicken | Martha shows viewers how to prepare Chicken Paillard - which sounds fancy but is really quite simple - as well as Chicken Pot Pie, and Spatchcocked Chicken. | USA | English-100 | | | PG | |
| 2019-12-10 | 1800 | The Cook And The Chef | Old Food | Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu. | AUSTRALIA | English-100 | | | G | |
| 2019-12-10 | 1830 | The Cook And The Chef | Pubs | When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since. | AUSTRALIA | English-100 | | | G | |
| 2019-12-10 | 1900 | Nigella Express | Workday Wonders | This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner. | UNITED KINGDOM | English-100 | RPT | | G | Y |
| 2019-12-10 | 1930 | The Hairy Bikers' Food Tour Of Britain | Essex | Si and Dave explore Essex where they cook a traditional county favourite in Southend-on-Sea. They also harvest Colchester oysters and learn how to talk to turkeys. | UNITED KINGDOM | English-100 | RPT | | G | |
| 2019-12-10 | 2030 | Rick Stein's Food Heroes | North East England | In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations. | UNITED KINGDOM | English-100 | | | G | |

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|------------|------|---|---|--|----------------|-------------|-----|----|---|
| 2019-12-10 | 2100 | Rick Stein's Food Heroes | South East England And Wales | Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales. | UNITED KINGDOM | English-100 | | G | |
| 2019-12-10 | 2135 | Anthony Bourdain: Parts Unknown | Sichuan | Tony brings his pal, dear friend, muse, and Michelin star chef friend Eric Ripert along for the ride. It is Eric's first time to Sichuan and China as a whole, so everything is new to him. | USA | English-100 | | | Y |
| 2019-12-10 | 2235 | The Cook And The Chef | Old Food | Maggie and Simon cook up some ancient grains and take a good look at the 'Slow Food' movement, just what's needed to rustle up a warm and comforting Winter menu. | AUSTRALIA | English-100 | | G | |
| 2019-12-10 | 2305 | The Cook And The Chef | Pubs | When the British first arrived here they brought the idea of public hotels - or 'pubs' - with them, and they've been a prominent feature of the Australian landscape ever since. | AUSTRALIA | English-100 | | G | |
| 2019-12-10 | 2335 | Masterchef: The Professionals | Masterchef: The Professionals Series 7 Ep 2 | In this second heat, five more ambitious chefs from across the country begin their bid for the coveted title with three challenges to test who is good enough to win a quarter-final place. | UNITED KINGDOM | English-100 | | G | |
| 2019-12-10 | 2440 | Nigella Express | Workday Wonders | This episode Nigella cooks up perfect recipes for after work entertaining such as a fast food processor chocolate cake with a ready-made peppermint syrup drizzle and a DIY Dinner. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-12-10 | 2510 | Martha's Cooking School | Chicken | Martha shows viewers how to prepare Chicken Paillard - which sounds fancy but is really quite simple - as well as Chicken Pot Pie, and Spatchcocked Chicken. | USA | English-100 | | PG | |
| 2019-12-10 | 2540 | Dinner Date | Dinner Date Series 8 Ep 8 | Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-10 | 2630 | Rick Stein's Food Heroes Xmas | Rick Stein's Food Heroes Xmas 2005 | Over the past few years, popular TV chef Rick Stein has embarked on a voyage of discovery, taking him the length and breadth of Britain as he searches out the very best of all British produce. | UNITED KINGDOM | English-100 | | | |
| 2019-12-10 | 2730 | United Plates Of America | San Diego - Mexican Food | California was once called Mexico before the United States purchased it. In San Diego we eat the real Mexican food from those who do it best. | USA | English-100 | | G | |
| 2019-12-10 | 2800 | Spencer's Big 30 | Fried Chicken Night | Nothing says comfort food better than fried chicken. Chef Spencer Watts shows us all the fixings for a fast, easy, and delicious fried chicken night. | CANADA | English-100 | | G | |
| 2019-12-10 | 2830 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 2 | Rachel arrives at the pretty harbour town of Kinsale, where she dives for crab with restaurateur Olivier Queva. Back on dry land, she prepares a crab and blood orange salad. | UNITED KINGDOM | English-100 | | | |
| 2019-12-11 | 0500 | Pati's Mexican Table | Baja Breakfast | While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Doña Esthela, who makes the best breakfast as far as the eye can see. | USA | English-100 | | | |
| 2019-12-11 | 0530 | The Hairy Bikers' Food Tour Of Britain | Essex | Si and Dave explore Essex where they cook a traditional county favourite in Southend-on-Sea. They also harvest Colchester oysters and learn how to talk to turkeys. | UNITED KINGDOM | English-100 | RPT | G | |
| 2019-12-11 | 0630 | Rick Stein's Food Heroes | North East England | In Wakefield, Rick makes a sublime rhubarb crumble and meets Janet Oldroyd, whose family have been farming rhubarb for four generations. | UNITED KINGDOM | English-100 | | G | |
| 2019-12-11 | 0700 | Rick Stein's Food Heroes | South East England And Wales | Rick pays a visit to his favourite formal vegetable garden at Chatsworth House, where he also chases chickens and cooks cabbage. Then he crosses the River Severn to sample the delights of Wales. | UNITED KINGDOM | English-100 | | G | |
| 2019-12-11 | 0735 | Anthony Bourdain: Parts Unknown | Sichuan | Tony brings his pal, dear friend, muse, and Michelin star chef friend Eric Ripert along for the ride. It is Eric's first time to Sichuan and China as a whole, so everything is new to him. | USA | English-100 | | | Y |
| 2019-12-11 | 0835 | Masterchef: The Professionals | Masterchef: The Professionals Series 7 Ep 2 | In this second heat, five more ambitious chefs from across the country begin their bid for the coveted title with three challenges to test who is good enough to win a quarter-final place. | UNITED KINGDOM | English-100 | | G | |
| 2019-12-11 | 0940 | Rick Stein's Food Heroes Xmas | Rick Stein's Food Heroes Xmas 2005 | Over the past few years, popular TV chef Rick Stein has embarked on a voyage of discovery, taking him the length and breadth of Britain as he searches out the very best of all British produce. | UNITED KINGDOM | English-100 | | | |
| 2019-12-11 | 1040 | Dinner Date | Dinner Date Series 8 Ep 8 | Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-11 | 1130 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 2 | Rachel arrives at the pretty harbour town of Kinsale, where she dives for crab with restaurateur Olivier Queva. Back on dry land, she prepares a crab and blood orange salad. | UNITED KINGDOM | English-100 | | | |
| 2019-12-11 | 1200 | Pati's Mexican Table | Baja Breakfast | While in Valle De Guadalupe, Pati visits one of the most legendary cooks in the area, Doña Esthela, who makes the best breakfast as far as the eye can see. | USA | English-100 | | | |
| 2019-12-11 | 1230 | The Hairy Bikers' Food Tour Of Britain | Essex | Si and Dave explore Essex where they cook a traditional county favourite in Southend-on-Sea. They also harvest Colchester oysters and learn how to talk to turkeys. | UNITED KINGDOM | English-100 | RPT | G | |

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|------------|------|--|---|---|----------------|----------------------------|-----|----|--|---|
| 2019-12-11 | 1330 | Martha's Cooking School | Chicken | Martha shows viewers how to prepare Chicken Paillard - which sounds fancy but is really quite simple - as well as Chicken Pot Pie, and Spatchcocked Chicken. | USA | English-100 | | PG | | |
| 2019-12-11 | 1400 | Donna Hay: Fast, Fresh, Simple | Simply Summer | Donna shows us a new take on Caesar salad and shares her tips for the perfect boiled egg. Kids will love her standby brownies and a one pot Chinese chicken will save on washing up. | AUSTRALIA | English-100 | | G | | |
| 2019-12-11 | 1430 | United Plates Of America | Miami - Cuban Food | Miami is not just close to Cuba in proximity but the real Cuban food here is plentiful. We meet the Cubans who know the real Cuba and find out how their life here in Miami is so sweet. | USA | English-100 | | G | | |
| 2019-12-11 | 1500 | Spencer's Big 30 | Fish Night | Kids don't always love fish - host Spencer Watts shares some simple, inexpensive, and tasty recipes that will change your kids' opinion of fish night. | CANADA | English-100 | | G | | |
| 2019-12-11 | 1530 | Rachel Allen: Coastal Cookery Series 1 Ep 3 | Rachel Allen: Coastal Cookery Series 1 Ep 3 | Rachel visits Fingal Ferguson at Gubbeen Farm in Schull to see him make a chef's knife. She uses this to make a dish of roast cod with white bean and chorizo mash. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-11 | 1600 | Pati's Mexican Table | Mexican Wine Country | With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region. | USA | English-100 | | | | |
| 2019-12-11 | 1630 | Oliver's Twist | Christmas | Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert. | UNITED KINGDOM | English-100 | | G | | |
| 2019-12-11 | 1700 | The Cook And The Chef | Christmas | Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group. | AUSTRALIA | English-100 | | PG | | |
| 2019-12-11 | 1730 | Martha's Cooking School | Onions | Martha walks the viewer through four onion dishes that make use of different cooking techniques. | USA | English-100 | | PG | | |
| 2019-12-11 | 1800 | The Cook And The Chef | Eat Local | One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden. | AUSTRALIA | English-100 | | G | | |
| 2019-12-11 | 1830 | The Cook And The Chef | Australia Again | Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced. | AUSTRALIA | English-100 | | G | | |
| 2019-12-11 | 1900 | Nigella Express | On The Run | Nigella whips up a minimum effort portable picnic with marinaded buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars. | UNITED KINGDOM | English-100 | RPT | G | | Y |
| 2019-12-11 | 1930 | Delicacy Hunter | Wuzhong | Wuzhong, home to the largest Muslim community on the silk road, and of course China's best place to enjoy Chinese halal food. Jamie will learn an unusual breakfast recipe. | SINGAPORE | English-50; Mandarin-50 | | | | Y |
| 2019-12-11 | 2000 | Delicacy Hunter | Dunhuang | Next stop, Dunhuang, the last city that trade merchants would pass through on the ancient silk road before braving the desert. Jamie will be introduced to the wonders of desert lifestyle. | SINGAPORE | English-50; Mandarin-50 | | | | Y |
| 2019-12-11 | 2030 | Remarkable Places To Eat | Venice | Chef Angela Hartnett takes Fred to Venice to enjoy the simple but stunning food at her favourite restaurant, and to experience unforgettable service at Italy's oldest cafe. | UNITED KINGDOM | English-100 | RPT | PG | | Y |
| 2019-12-11 | 2130 | Anthony Bourdain: Parts Unknown | Hanoi | Tony revisits one of his favorite places on Earth - Vietnam, the 14th most populous country in the world with more than 90 million inhabitants. | USA | English-100 | | | | Y |
| 2019-12-11 | 2230 | The Cook And The Chef | Eat Local | One thing Maggie and Simon are unanimous on is that there is nothing quite like the satisfaction of cooking with something you have grown in your own garden. | AUSTRALIA | English-100 | | G | | |
| 2019-12-11 | 2300 | The Cook And The Chef | Australia Again | Maggie and Simon look at the past, the present and the future of food in Australia. They create recipes using their favourite foods that are grown sustainably and locally sourced. | AUSTRALIA | English-100 | | G | | |
| 2019-12-11 | 2330 | Masterchef: The Professionals Series 7 Ep 3 | Masterchef: The Professionals Series 7 Ep 3 | The week's best chefs return for the first quarter-final, and this is where the battle really begins. Their first challenge is the Invention Test - but this one has a twist. | UNITED KINGDOM | English-100 | | G | | |
| 2019-12-11 | 2435 | Nigella Express | On The Run | Nigella whips up a minimum effort portable picnic with marinaded buttermilk chicken drumsticks, crunchy New Orleans coleslaw and deeply chocolaty rocky road bars. | UNITED KINGDOM | English-100 | RPT | G | | Y |
| 2019-12-11 | 2505 | Martha's Cooking School | Onions | Martha walks the viewer through four onion dishes that make use of different cooking techniques. | USA | English-100 | | PG | | |
| 2019-12-11 | 2535 | Dinner Date | Dinner Date Series 8 Ep 9 | Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-11 | 2630 | Oliver's Twist | Christmas | Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert. | UNITED KINGDOM | English-100 | | G | | |

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|------------|------|--|---|--|----------------|-------------------------|-----|----|---|---|
| 2019-12-11 | 2700 | The Cook And The Chef | Christmas | Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group. | AUSTRALIA | English-100 | | PG | | |
| 2019-12-11 | 2730 | United Plates Of America | Miami - Cuban Food | Miami is not just close to Cuba in proximity but the real Cuban food here is plentiful. We meet the Cubans who know the real Cuba and find out how their life here in Miami is so sweet. | USA | English-100 | | G | | |
| 2019-12-11 | 2800 | Spencer's Big 30 | Fish Night | Kids don't always love fish - host Spencer Watts shares some simple, inexpensive, and tasty recipes that will change your kids' opinion of fish night. | CANADA | English-100 | | G | | |
| 2019-12-11 | 2830 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 3 | Rachel visits Fingal Ferguson at Gubbeen Farm in Schull to see him make a chef's knife. She uses this to make a dish of roast cod with white bean and chorizo mash. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-12 | 0500 | Pati's Mexican Table | Mexican Wine Country | With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region. | USA | English-100 | | | | |
| 2019-12-12 | 0530 | Delicacy Hunter | Wuzhong | Wuzhong, home to the largest Muslim community on the silk road, and of course China's best place to enjoy Chinese halal food. Jamie will learn an unusual breakfast recipe. | SINGAPORE | English-50; Mandarin-50 | | | | Y |
| 2019-12-12 | 0600 | Delicacy Hunter | Dunhuang | Next stop, Dunhuang, the last city that trade merchants would pass through on the ancient silk road before braving the desert. Jamie will be introduced to the wonders of desert lifestyle. | SINGAPORE | English-50; Mandarin-50 | | | | Y |
| 2019-12-12 | 0630 | Remarkable Places To Eat | Venice | Chef Angela Hartnett takes Fred to Venice to enjoy the simple but stunning food at her favourite restaurant, and to experience unforgettable service at Italy's oldest cafe. | UNITED KINGDOM | English-100 | RPT | PG | Y | Y |
| 2019-12-12 | 0730 | Anthony Bourdain: Parts Unknown | Hanoi | Tony revisits one of his favorite places on Earth - Vietnam, the 14th most populous country in the world with more than 90 million inhabitants. | USA | English-100 | | | | Y |
| 2019-12-12 | 0830 | Masterchef: The Professionals | Masterchef: The Professionals Series 7 Ep 3 | The week's best chefs return for the first quarter-final, and this is where the battle really begins. Their first challenge is the Invention Test - but this one has a twist. | UNITED KINGDOM | English-100 | | G | | |
| 2019-12-12 | 0935 | Oliver's Twist | Christmas | Jamie treats his staff to a tasty Christmas dinner, with a delicious vegetable pie and ice cream for dessert. | UNITED KINGDOM | English-100 | | G | | |
| 2019-12-12 | 1005 | The Cook And The Chef | Christmas | Christmas is fast approaching, but for some of us that brings the annual stress of working out how to feed a big group. | AUSTRALIA | English-100 | | PG | | |
| 2019-12-12 | 1035 | Dinner Date | Dinner Date Series 8 Ep 9 | Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals. | UNITED KINGDOM | English-100 | | PG | | |
| 2019-12-12 | 1130 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 3 | Rachel visits Fingal Ferguson at Gubbeen Farm in Schull to see him make a chef's knife. She uses this to make a dish of roast cod with white bean and chorizo mash. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-12 | 1200 | Pati's Mexican Table | Mexican Wine Country | With over 100 wineries, Valle de Guadalupe has become the hottest new destination, with people traveling from all over to discover this new and exciting region. | USA | English-100 | | | | |
| 2019-12-12 | 1230 | Delicacy Hunter | Wuzhong | Wuzhong, home to the largest Muslim community on the silk road, and of course China's best place to enjoy Chinese halal food. Jamie will learn an unusual breakfast recipe. | SINGAPORE | English-50; Mandarin-50 | | | | Y |
| 2019-12-12 | 1300 | Delicacy Hunter | Dunhuang | Next stop, Dunhuang, the last city that trade merchants would pass through on the ancient silk road before braving the desert. Jamie will be introduced to the wonders of desert lifestyle. | SINGAPORE | English-50; Mandarin-50 | | | | Y |
| 2019-12-12 | 1330 | Martha's Cooking School | Onions | Martha walks the viewer through four onion dishes that make use of different cooking techniques. | USA | English-100 | | PG | | |
| 2019-12-12 | 1400 | Donna Hay: Fast, Fresh, Simple | Mealtimes Made Easy | Donna shows us a new take on caesar salad and shares her tips for the perfect boiled egg. Kids will love her standby brownies and a one pot Chinese chicken will save on washing up. | AUSTRALIA | English-100 | | G | | |
| 2019-12-12 | 1430 | United Plates Of America | Boston - Irish Food | It is estimated that as many as 4.5 million Irish arrived in America between 1820 and 1930. In the 1840s, they comprised nearly half of all immigrants to this nation. | USA | English-100 | | PG | | |
| 2019-12-12 | 1500 | Spencer's Big 30 | Chicken Bake Night | Spencer Watts cooks up a nutritious meal for four featuring Crispy Lemon Chicken, Sweet Potato Rosti, and Baked Peaches. | CANADA | English-100 | | G | | |
| 2019-12-12 | 1530 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 4 | Rachel arrives on Valentia Island and meets Sandra and Martin from the shellfish co-op. They dive for scallops owned by the co-op. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-12 | 1600 | Pati's Mexican Table | Loreto Baja's Hidden Gem | One of Baja's most well kept secrets has Pati on a mission to explore this town bite-by-bite. Loreto is a small town on the Gulf of California with big excitement and a rich history. | USA | English-100 | | | | |
| 2019-12-12 | 1630 | Christmas Feast With Peter Kuruvita | Christmas Feast With Peter Kuruvita, A | Acclaimed chef Peter Kuruvita revisits his culinary adventures across the Pacific in search of the perfect blend of flavours for an Australian Christmas feast, which he creates at his family home. | AUSTRALIA | English-100 | RPT | G | Y | |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2019-12-13 | 0700 | Delia's How To Cook | Cheese | Delia explains how to store, eat, and cook with cheese, and gives her recommendation for the perfect cheeseboard and a traditional Welsh rarebit. | UNITED KINGDOM | English-100 | | G | |
| 2019-12-13 | 0730 | Anthony Bourdain: Parts Unknown | Houston | Set all of your stereotypes and clichés aside - this is not the Houston you were expecting. Or the one you thought you knew, the one you pigeonholed long ago. | USA | English-100 | | | |
| 2019-12-13 | 0830 | Masterchef: The Professionals | Masterchef: The Professionals Series 7 Ep 4 | Five ambitious chefs plucked from kitchens across Britain arrive at the MasterChef kitchen to face the first of three daunting tests to determine who is good enough to progress to the next round. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-13 | 0935 | Christmas Feast With Peter Kuruvita | Christmas Feast With Peter Kuruvita, A | Acclaimed chef Peter Kuruvita revisits his culinary adventures across the Pacific in search of the perfect blend of flavours for an Australian Christmas feast, which he creates at his family home. | AUSTRALIA | English-100 | RPT | G | Y |
| 2019-12-13 | 1035 | Dinner Date | Dinner Date Series 8 Ep 10 | Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-13 | 1130 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 4 | Rachel arrives on Valentia Island and meets Sandra and Martin from the shellfish co-op. They dive for scallops owned by the co-op. | UNITED KINGDOM | English-100 | | | |
| 2019-12-13 | 1200 | Pati's Mexican Table | Loreto Baja's Hidden Gem | One of Baja's most well kept secrets has Pati on a mission to explore this town bite-by-bite. Loreto is a small town on the Gulf of California with big excitement and a rich history. | USA | English-100 | | | |
| 2019-12-13 | 1230 | Donna Hay: Fast, Fresh, Simple | Instant Dinners | Donna walks us through her Maple Glazed Chicken - while it doesn't have lots of ingredients, it has lots of flavour. | AUSTRALIA | English-100 | | PG | |
| 2019-12-13 | 1300 | Donna Hay: Fast, Fresh, Simple | Simple Suppers | Donna shows us how to make the perfect risotto with her Baked Pumpkin and Sage recipe - which works everytime. | AUSTRALIA | English-100 | | PG | |
| 2019-12-13 | 1330 | Martha's Cooking School | Roasting | Roasting is a wonderful technique for a formal dinner or a casual get together. Watch Martha as she makes Roast Rack of Lamb, an ideal choice when you want to impress your guests. | USA | English-100 | | PG | |
| 2019-12-13 | 1400 | Donna Hay: Fast, Fresh, Simple | Fast Flavours | Donna demonstrates why pork and fennel meatballs is such a classic, tasty combination, and why easy apple and blueberry cake reminds her of her grandmother. | AUSTRALIA | English-100 | | G | |
| 2019-12-13 | 1430 | United Plates Of America | New York - Melting Pot Of Food | The Statue Liberty has welcomed millions of immigrants from all over the world to New York, creating a melting pot of different cultures. | USA | English-100 | | PG | |
| 2019-12-13 | 1500 | Spencer's Big 30 | Roast Beef Night | Host Spencer Watts shows how you can make a delicious family-style roast beef dinner in about 30 minutes, for under 30 dollars. | CANADA | English-100 | | PG | |
| 2019-12-13 | 1530 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 5 | Rachel travels to the fishing village of Ballydavid in Dingle - and judges a mini version of their Spud Off. | UNITED KINGDOM | English-100 | | | |
| 2019-12-13 | 1600 | Pati's Mexican Table | La Paz The Heart Of Baja Sur | Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters. | USA | English-100 | | | |
| 2019-12-13 | 1630 | Bonacini's Italy Christmas Specials | Christmas At The Farm | In this heartwarming one-hour holiday special, celebrity chef Michael Bonacini invites us to his cozy farmhouse in Ontario for a charming Christmas feast. | CANADA | English-100 | | | |
| 2019-12-13 | 1730 | Martha's Cooking School | Noodles | Who doesn't love a big bowl of noodles? In this episode, Martha shows viewers how to make three of her favourites. | USA | English-100 | | PG | |
| 2019-12-13 | 1800 | The Cook And The Chef | Summer Lunch, A | Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes. | AUSTRALIA | English-100 | | G | |
| 2019-12-13 | 1830 | The Cook And The Chef | Orchard, The | Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink. | AUSTRALIA | English-100 | | G | |
| 2019-12-13 | 1900 | Nigella Express | Instant Calmer | Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-12-13 | 1930 | Nigellissima | Nigellissima Series 1 Ep 1 | Nigella Lawson introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic and almonds. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-12-13 | 2000 | Nigellissima | Nigellissima Series 1 Ep 2 | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-12-13 | 2030 | Bill's Tasty Weekends | Gloucestershire | Bill's in the Cotswolds staying at a former banqueting hall on a Jacobean estate. The perfect location for a foodie weekend - he takes on the local chutney queen at her own game. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-13 | 2130 | Anthony Bourdain: Parts Unknown | London | Tony travels to London for a relaxing visit with old friends and a meal at his favourite restaurant in the world. What happened upon his arrival did not change the itinerary, but did change the mood. | USA | English-100 | | | |

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|------------|------|--|---|---|----------------|-------------|-----|----|---|
| 2019-12-13 | 2230 | The Cook And The Chef | Summer Lunch, A | Maggie Beer and Simon Bryant go squidding and it's easy to see that this is a new experience for Maggie. Back in the kitchen Simon cleans the squid while Maggie gets started on her dishes. | AUSTRALIA | English-100 | | G | |
| 2019-12-13 | 2300 | The Cook And The Chef | Orchard, The | Maggie shows how to make a wonderful makes Peach Jam, sharing a new method to check when it is ready to set, makes a simple Peach and Prosciutto salad and finishes with a Peach drink. | AUSTRALIA | English-100 | | G | |
| 2019-12-13 | 2330 | Masterchef: The Professionals | Masterchef: The Professionals Series 7 Ep 5 | Five more ambitious chefs from across the country begin their bid for the coveted title. Their first challenge is the Signature Dish Test. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-13 | 2435 | Nigella Express | Instant Calmer | Everyone's favourite comfort food gets the Nigella Express treatment, proving that calming, delicious food can be the work of moments. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-12-13 | 2505 | Martha's Cooking School | Noodles | Who doesn't love a big bowl of noodles? In this episode, Martha shows viewers how to make three of her favourites. | USA | English-100 | | PG | |
| 2019-12-13 | 2535 | Dinner Date | Dinner Date Series 8 Ep 11 | Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-13 | 2630 | Bonacini's Italy Christmas Specials | Christmas At The Farm | In this heartwarming one-hour holiday special, celebrity chef Michael Bonacini invites us to his cozy farmhouse in Ontario for a charming Christmas feast. | CANADA | English-100 | | | |
| 2019-12-13 | 2730 | United Plates Of America | New York - Melting Pot Of Food | The Statue Liberty has welcomed millions of immigrants from all over the world to New York, creating a melting pot of different cultures. | USA | English-100 | | PG | |
| 2019-12-13 | 2800 | Spencer's Big 30 | Roast Beef Night | Host Spencer Watts shows how you can make a delicious family-style roast beef dinner in about 30 minutes, for under 30 dollars. | CANADA | English-100 | | PG | |
| 2019-12-13 | 2830 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 5 | Rachel travels to the fishing village of Ballydavid in Dingle - and judges a mini version of their Spud Off. | UNITED KINGDOM | English-100 | | | |
| 2019-12-14 | 0500 | Pati's Mexican Table | La Paz The Heart Of Baja Sur | Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters. | USA | English-100 | | | |
| 2019-12-14 | 0530 | Nigellissima | Nigellissima Series 1 Ep 1 | Nigella Lawson introduces us to her love of Italian food through Sicilian pasta with tomatoes, garlic and almonds. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-12-14 | 0600 | Nigellissima | Nigellissima Series 1 Ep 2 | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-12-14 | 0630 | Bill's Tasty Weekends | Gloucestershire | Bill's in the Cotswolds staying at a former banqueting hall on a Jacobean estate. The perfect location for a foodie weekend - he takes on the local chutney queen at her own game. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-14 | 0730 | Anthony Bourdain: Parts Unknown | London | Tony travels to London for a relaxing visit with old friends and a meal at his favourite restaurant in the world. What happened upon his arrival did not change the itinerary, but did change the mood. | USA | English-100 | | | |
| 2019-12-14 | 0830 | Masterchef: The Professionals | Masterchef: The Professionals Series 7 Ep 5 | Five more ambitious chefs from across the country begin their bid for the coveted title. Their first challenge is the Signature Dish Test. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-14 | 0935 | Bonacini's Italy Christmas Specials | Christmas At The Farm | In this heartwarming one-hour holiday special, celebrity chef Michael Bonacini invites us to his cozy farmhouse in Ontario for a charming Christmas feast. | CANADA | English-100 | | | |
| 2019-12-14 | 1035 | Dinner Date | Dinner Date Series 8 Ep 11 | Dinner Date is the show where people hope to find true love through their love of good food. One lucky person gets the chance to find romance as they enjoy three very special meals. | UNITED KINGDOM | English-100 | | PG | |
| 2019-12-14 | 1130 | Rachel Allen: Coastal Cookery | Rachel Allen: Coastal Cookery Series 1 Ep 5 | Rachel travels to the fishing village of Ballydavid in Dingle - and judges a mini version of their Spud Off. | UNITED KINGDOM | English-100 | | | |
| 2019-12-14 | 1200 | Pati's Mexican Table | La Paz The Heart Of Baja Sur | Pati will explore the beauty and wonder of La Paz, the capital of Baja Sur. This breathtaking Baja destination has drawn her to visit its waters. | USA | English-100 | | | |
| 2019-12-14 | 1230 | Nigellissima | Nigellissima Series 1 Ep 2 | Nigella Lawson's mission to show how easy it is to bring the spirit of Italy into the kitchen continues as she shares the secrets of her celebratory Italian roast chicken. | UNITED KINGDOM | English-100 | RPT | G | Y |
| 2019-12-14 | 1300 | The Travelling Chef | Bangkok, Thailand | Brett travels to Bangkok and, on the streets, stumbles across a vendor making crispy pancakes with Italian merengue. He then is invited to David Thompson's restaurant, Nahm and meets the man himself. | NEW ZEALAND | English-100 | | G | Y |
| 2019-12-14 | 1330 | The Travelling Chef | Kuala Lumpur, Malaysia | Brett travels to the Malaysian capital, Kuala Lumpur, and learns from a master hokien mee chef. The chef then puts him to work over the busy lunch time in his restaurant. | NEW ZEALAND | English-100 | | G | |
| 2019-12-14 | 1400 | Saturday Kitchen | Saturday Kitchen Series 3 Ep 13 | The big hearted and down-to-earth Hairy Bikers, Dave Myers and Si King, host Saturday Kitchen this week with help from two top chefs. | UNITED KINGDOM | English-100 | | PG | |

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| 2019-12-14 | 1500 | The Urban Vegetarian | Energy Boost | Food nerd Desiree Nielsen masters a perfectly cooked eggplant topped with a flavourful charmoula and couscous. | CANADA | English-100 | G | | | |
| 2019-12-14 | 1530 | The Urban Vegetarian | Veggies Galore | Desiree Nielsen shows how beets can make the icing on a delectable cupcake vibrant and delicious. | CANADA | English-100 | G | | | |
| 2019-12-14 | 1600 | The Cook And The Chef | Mediterranean Style | Having visited Italy many times, Maggie never ceases to be inspired by the culinary philosophy she encountered there, an approach which works perfectly for the Mediterranean climate of the Barossa. | AUSTRALIA | English-100 | G | | | |
| 2019-12-14 | 1630 | The Cook And The Chef | Apples And Onions | Maggie and Simon transform the ordinary into the extraordinary, with a celebration of common ingredients that are humble yet wonderful - apples, onions, and old-fashioned chicken stock. | AUSTRALIA | English-100 | G | | | |
| 2019-12-14 | 1700 | Delia's How To Cook | Pasta | Delia gives viewers the lowdown on the simple techniques of cooking good pasta to achieve the perfect Italian meal. | UNITED KINGDOM | English-100 | G | | | |
| 2019-12-14 | 1730 | Jonathan Phang's Gourmet Express | Perth To Sydney | Starting in Australia's thriving cosmopolitan west coast city of Perth, Jonathan lives like a true Aussie when he cooks prawns on the barbie with chef Russell Blaikie. | UNITED KINGDOM | English-100 | PG | | | |
| 2019-12-14 | 1830 | Sicily With Aldo And Enzo | Sicily With Aldo And Enzo Series 1 Ep 3 | It could be cooking on the moon in this episode, but on closer inspection, we find that Aldo and Enzo are in fact in a crater at the top of the very active volcano, Mount Etna. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-14 | 1900 | Sicily With Aldo And Enzo | Sicily With Aldo And Enzo Series 1 Ep 4 | The exceptionally pretty seaside town of Cefalu provides the setting for a fish inspired programme. Enzo and Aldo arrive at the town by fishing boat. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-14 | 1930 | Cheese Slices | USA | Will Studd visits the finest cheese shops in down town New York to find out what's driving this extraordinary change, before visiting upstate Vermont, where he meets a new generation of cheese makers. | AUSTRALIA | English-100 | PG | | | |
| 2019-12-14 | 2000 | Cheese Slices | Cheeses Of Greece | The ancient Greeks regarded cheese as Food of the Gods, and it's no surprise that in Greece today, the consumption of cheese per head of population is the highest in the world. | AUSTRALIA | English-100 | | | | |
| 2019-12-14 | 2030 | Avec Eric | Kimchi And Gochujang: Hot And Spicy | On his mission to explore the influence of Korean cuisine in the culinary world Eric seeks the counsel of famed New York chef David Chang. | USA | English-100 | | | | |
| 2019-12-14 | 2100 | Avec Eric | New South Wales: Farm To Sydney | Realising New South Wales is more than Sydney, Eric heads outside of the city to do some fishing and foraging, and gets to cook kangaroo on the farm owned by one of Australia's most heralded chefs. | USA | English-100 | | | | |
| 2019-12-14 | 2130 | Amazing Wedding Cakes | Amazing Wedding Cakes Series 4 Ep 5 | Caroline and David just got engaged and love to cook together. Christopher Garren creates a design for their engagement cake that incorporates lots of their favourite culinary things. | USA | English-100 | PG | | | |
| 2019-12-14 | 2230 | Shane Delia's Moorish Spice Journey | Shane Delia's Moorish Spice Journey Series 1 Ep 3 | The peaks and valleys of the High Atlas Mountains are rich pickings for Shane Delia as he continues his journey through Morocco. Shane is taught the traditional way to prepare couscous. | AUSTRALIA | English-100 | RPT | G | Y | Y |
| 2019-12-14 | 2300 | Shane Delia's Moorish Spice Journey | Shane Delia's Moorish Spice Journey Series 1 Ep 4 | Shane has arrived in the exotic city of Marrakech on a mission to uncover the tastes and techniques that are hidden in the rabbit warren of alleys that make up the bustling souk. | AUSTRALIA | English-100 | RPT | G | Y | Y |
| 2019-12-14 | 2330 | Jonathan Phang's Gourmet Express | Perth To Sydney | Starting in Australia's thriving cosmopolitan west coast city of Perth, Jonathan lives like a true Aussie when he cooks prawns on the barbie with chef Russell Blaikie. | UNITED KINGDOM | English-100 | PG | | | |
| 2019-12-14 | 2430 | Sicily With Aldo And Enzo | Sicily With Aldo And Enzo Series 1 Ep 3 | It could be cooking on the moon in this episode, but on closer inspection, we find that Aldo and Enzo are in fact in a crater at the top of the very active volcano, Mount Etna. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-14 | 2500 | Sicily With Aldo And Enzo | Sicily With Aldo And Enzo Series 1 Ep 4 | The exceptionally pretty seaside town of Cefalu provides the setting for a fish inspired programme. Enzo and Aldo arrive at the town by fishing boat. | UNITED KINGDOM | English-100 | | | | |
| 2019-12-14 | 2530 | Cheese Slices | USA | Will Studd visits the finest cheese shops in down town New York to find out what's driving this extraordinary change, before visiting upstate Vermont, where he meets a new generation of cheese makers. | AUSTRALIA | English-100 | PG | | | |
| 2019-12-14 | 2600 | Cheese Slices | Cheeses Of Greece | The ancient Greeks regarded cheese as Food of the Gods, and it's no surprise that in Greece today, the consumption of cheese per head of population is the highest in the world. | AUSTRALIA | English-100 | | | | |
| 2019-12-14 | 2630 | Avec Eric | Kimchi And Gochujang: Hot And Spicy | On his mission to explore the influence of Korean cuisine in the culinary world Eric seeks the counsel of famed New York chef David Chang. | USA | English-100 | | | | |
| 2019-12-14 | 2700 | Avec Eric | New South Wales: Farm To Sydney | Realising New South Wales is more than Sydney, Eric heads outside of the city to do some fishing and foraging, and gets to cook kangaroo on the farm owned by one of Australia's most heralded chefs. | USA | English-100 | | | | |

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| 2019-12-14 | 2730 | Amazing Wedding Cakes | Amazing Wedding Cakes Series 4 Ep 5 | Caroline and David just got engaged and love to cook together. Christopher Garren creates a design for their engagement cake that incorporates lots of their favourite culinary things. | USA | English-100 | | PG | | |
| 2019-12-14 | 2830 | Shane Delia's Moorish Spice Journey | Shane Delia's Moorish Spice Journey Series 1 Ep 3 | The peaks and valleys of the High Atlas Mountains are rich pickings for Shane Delia as he continues his journey through Morocco. Shane is taught the traditional way to prepare couscous. | AUSTRALIA | English-100 | RPT | G | Y | Y |